



Chicken Carrot Spaghetti Recipe

Preparation Time	15
Cooking Time	15
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, minced
- 3 Tbsp onion, red, chopped
- 90 g chicken, thigh fillet, diced
- 1/2 cup carrot, coarsely grated
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (250g)
- 1/4 cup water
- 1/4 tsp salt
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 1/4 cup cheese, grated

Preparation:

1. Sauté garlic, onion, chicken, and carrots. Add DEL MONTE Filipino Style Spaghetti Sauce, water and salt to taste. Simmer for 5 minutes.
2. Pour sauce and mix with DEL MONTE Spaghetti. Top with grated cheese.

Chef's Tip

Use the big-slotted grater when grating the carrots. The coarser shreds of carrots will add texture to the sauce.

Lusog Notes

This Chicken Carrot Spaghetti dish is a smart way to make your kids eat vegetables! It is high in vitamin A that maintains eye and skin health and reinforces the immune system.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Grater
- Measuring Cups
- Measuring Spoon
- Pot